



NON-PERISHABLE HEALTHY GROCERY LIST

FROZEN

Frozen vegetables (no cheese or sauce)
Frozen fruit (no added sugar or glaze)
Frozen breakfast
 PJ's Organics skinny breakfast burrito
 Good Food Made Simple southwestern bowl
 Jimmy Deans turkey sausage bowl or sandwich
 Special K flatbread breakfast sandwich
 Whole grain waffles
Frozen dinners (less than 500 cal/700 mg sodium/10 g saturated fat, more than 3g fiber/7g protein)
 Evol Luvo
 Kashi Healthy Choice
 Lean Cuisine Stouffer's Fit Kitchen
Veggie burgers
 Dr. Paeger's California veggie
 Amy's California veggie
 Boca All American
Frozen chicken
Frozen fish
Frozen shrimp
Healthier treats
 Skinny cow ice cream bars/sandwiches
 Halo Top ice cream
 Arctic Zero ice cream
 Yasso frozen yogurt bars
 Julies organic frozen yogurt
 Eddy's Outshine fruit bars
 Nonfat cool whip

REFRIGERATED

Yogurt (low fat, less than 12g sugar)
Low fat cottage cheese
Low fat cheese sticks
Low fat cheese
Eggs or egg substitute
Tofu or textured vegetable protein
Hummus
Fresh Fish (wild caught salmon, halibut, trout etc.)
Fresh or ground chicken/turkey
Reduced sodium, nitrate free lunch meat (turkey, roast beef, chicken)
Low fat, nitrate free chicken or turkey sausage
 Al Fresco chicken sausages
 Brat Hans chicken sausages
 Thin n' Trim sausages

BEVERAGES

Low fat or skim milk
Low/no sugar almond or soy milk
100% fruit juice (not from concentrate)
Unsweetened tea
Low sugar hot chocolate
Low sugar protein shakes
Sparkling water
Water
Coffee

PANTRY

Whole grain crackers
Whole grain bread (100% whole wheat)
Whole grain tortillas
Whole grain pita or naan
Whole grain English muffins
Whole grain pasta
Whole grain cereal (less than 10g sugar, more than 3g fiber)
 Cheerios Barbara's Puffins
 Grapenuts Cascadian Farms Cereals
 Total Quaker Honey Nut Squares
 Wheaties Kashi Go Lean
Granola Bars (less than 8g sugar. More than 3g fiber)
 Kind bars Lara bars
 Zing bars Annie's granola bars
 Kashi Go Lean bars
Oatmeal (if instant, low sugar)
Popcorn (low-fat, 100 cal packs or plain)
Brown rice
Plain rice cakes
Extra virgin olive oil
Avocado oil
Low fat dressings
Vinegar (ex. Red wine, apple cider)
Nuts/Seeds
Nut butters (peanut, almond, etc)
Apple sauce (low sugar)
Dried fruit
Salsa
Whey isolate protein powder (or vegan, soy, egg etc)
Protein Bars (less than 13g sugar and more than 8g protein)
 Aloha bars Cliff protein bars
 Quest bars Rx bars
 Exo bars Thin Thin bars
 Luna bars

FRESH

Fresh fruit
Fresh vegetables
Bagged salads
Precut fruits and vegetables
Pre-spiralized vegetable "noodles"
Longer lasting produce options
 Onion Garlic
 Sweet potatoes Potatoes
 Squash Carrots
 Apples Oranges
 Bananas Clementines/Tangerines
Rotisserie Chicken
Salsa
Soups (vegetable or broth based)

CANNED

Beans/lentils
Low-fat low-sodium refried beans
Tuna/salmon
Clams
Pumpkin
Canned vegetables (rinse before use)
Low sodium olives
Tomatoes (crushed, diced, etc)
Canned pineapple in 100% juice
Canned peaches in 100% juice
Canned mandarin oranges in 100% juice
Canned soup (low sodium, veggie or broth based)
Chipotle peppers or green chilies
Coconut milk
Coconut water

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